

Suppe og Vennskap

**“God gives more in a moment than in a longer period for His actions are not measured by time at all”
Sta. Theresa of Avila**



Summer is here and with it, the report of performance from Suppe og Vennskap for the past six months. In this document we will try to summarize the information in small capsules filled with positive news.

AT THE END OF THE REPORT YOU CAN READ THE EDITORIAL NOTE AND SEE SOME PICTURES BUT IT IS IMPORTANT THAT YOU TELL IF YOU PREFER NOT TO BE PHOTOGRAPHED OR PUBLISHED. WE RESPECT YOUR PREFERENCE.

🕊 Add on prayer with Felleskap St. Egidio this group prays two tuesdays a month as we are out in the streets two tuesdays in between. The calendar for the second period of 2018 will be sent soon. So those who want to add prayer, please feel free to join the group. Then we also will have the opportunity to deepen about topics of the faith. Our friend Stein-Morten can tell a bit more about this group.

ECONOMY

We have received in the last six months about 6000 NOK from private pockets. Envelopes, and bank transfers. With this generous amount we have been able to serve food to more than 300 people and offer beverages warm or cold to an even bigger number of people many are not the same. We also have used of this sum to buy the pertinent supplies. We keep the invoices of our shoppings etc.

DONATIONS

We received winter clothes from the collect in the mass and many benefited. We still have some in stock but we should find more. Scarfs, socks, etc. We also had a lady who donated food. Cakes and sandwiches which was the base for our decision of serving sandwiches in the summer. God bless her. She is a mystery as never spoke, gave and bye.

EXTRA ACTIVITIES

We had a documentary night to learn more about how adictions to narcotics work and we had a retreat in St. Dominikus Kloster in which we attended Mass, prayed Vespers and meditated, combined with a garden social gathering



Suppe og Vennskap or Kakao og Vennskap? Because hot or cold, it is the highlight of the tours. But, would a child of God prefer soup or chocolate for dinner?

Good news! We found in Oslo a place where to buy the supplies cheapy 🙌🙌



All the way to Australia with the testimonial of K. Joy in her hometown parish magazine. Thanks!



WE HAVE A WEB PAGE AND AND EMAIL

We have created a site www.suppeogvennskap.com that in order to keep practical information to potential volunteers and donors. Also there is information about Felleskap St. Egidio for those who wish to pray and meditate about topics of the faith.

NEW LOGO FOR SUPPE OG VENNSKAP

We are aiming to refresh our logo in order to identify ourselves in a more effective way. The need for more information about us has been brought out since few times we have been asked by the police who we are, both in Brugata and Jarbarnetorget. We have kindly asked Peter, the person in charge of graphics in the diocese and he said he would be happy to help. Yeeepieee!!! We have seen some examples already and looks great!

OUR FRIENDSHIP WITH CARITAS

The beginning of june, we had the opportunity to meet the volunteers coordinator of Caritas Norge and we are exploring the possibility to receive new friends from the refugees assylum, so those who are interested in making food could come and have a nice time with us. Remembering one of our most precious values: the best of friends Jesus, wants to be friend with all.

KULTUR DAG 8.09.2018

We have to prepare our little stand. If there is someone who is intereted in represent Suppe that day, please speak up 🍌🍌🍌🍌🍌

KIRKE KAFFE SEPTEMBER 16

All the groups in St. Olav parish have responsibility of one sunday to take over the cafe. Suppe og Vennskap together with St. Egidio will do it the 16.09. If you want to volunteer, more than welcomed! We will need some hands 🙌🙌🙌🙌🙌🍌🍰☕🍰

SPANDING?

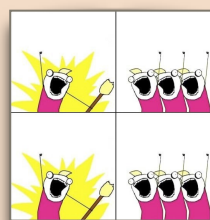
It has been participated that the idea of Suppe could be of interest to develop some other parish. Always a great news when it comes to more routes and more people to befriend with. Let us pray for this intention. Only God.

SOCIAL MEDIA

We have opened a Messenger group and soon a facebook group. This will be private and even if many of the volunteers do not have Facebook, it can be usefull to be in touch effectively. In any case, all the events will be updated in the web page. We have some videos of our group. Please inform about you wish or not been in the upcoming photos / videos .

WHAT DO WE WANT? AN ADVENT RETREAT! WHEN DO WE WANT IT? IN ADVENT! DA!!

WHAT DO WE WANT? CHRISTMAS PARTY! WHEN DO WE WANT IT? WE HAVE TO PLAN...





Editorial letter

“WORKERS NOT MASTER BUILDERS”

Dear friends,

I want to start this letter inspired in a thought of a saint of our times “we can not do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It might be incomplete but it is a beginning, a step along the way, an opportunity to the Lord’s grace to enter and do the rest” Monsignor Oscar Romero. He also is the thinker behind the title of the letter.

The reason I will reflect on this thought of Monsignor Romero is because I wonder how many times we feel that we don’t do enough. As if everything depends on us. As if the burdens of the world are upon our shoulders. How many times we forget for some moments that those burdens were already carried in a cross by our Lord and saviour Jesus Christ. Including our own *per secula seculorum*

With this I don’t mean to express that we should relax our efforts to fulfill our duties and calls as christians/ catholics, quiet the opposite, “do something and do it well” but in the spirit of we could try to ease our minds, our hearts to avoid the anxiety, the temptation even, of thinking we are the ones who are “doing”.

I can remember the Gospel of Luke, in which he described the scene in the house of Martha. While one sister decided to stress, the other (probably younger), decided to seat and listen to Jesus’ teachings. Why Our Lord told Martha to leave Mary alone? To let her be sitting there and learning “what was better”. Could it be because His teachings were “the only thing that was needed”.

Now, about Suppe og Vennskap, we only go out twice a month, and there were a day we were forced to cancel due to the weather. That felt awful. And even in moments when Inseen “our fellow costumers” and I recognize them in the street and I have nothing to give I feel bad. How much we want to give right? We would love to talk or share with all of those we meet but we can’t.

Instead, that effort “baby step”, that spark, will allow the Grace to act and Grace is never static, it is constant movement. We can count us blessed because we have got to know them better with time. Hownto approach, what to say, we have lern of not been affraid or overwhelmed. Slowly, as the things of Our Lord are never rushed, but always an experience filled of love and concord among us too.

Sta Theresa of Avila said “God gives more in a moment than in a longer period, for His actions are not measured by time at all” and I would dare to add, not in amount because he is the abundance himself, but in love. And we all could recall concrete testimonials of this.


Jesus made the miracle of the multiplication of the bread (and the fishes), out of five pieces and three fishes. He was not specting the diciples do the whole job, because His job no person can do so the intention of this message is to invite you to be joyful about your contribution for little as you might think it is. Because how many times I have heard “I am sorry I can not come”, I would like to do more but I have been having personal problems, I was intending to come but, with a little bit of shame and guilt even.

Suppe og Vennskap since the conception has been set into Gods hands and He is the masterchef. Us the ingredients to make it a warm good and nutritious broth. And as in our menu, some times there is one kind of soup, other times something different, and some others just quick and easy. He never abandon our kitchen, just pray we keep the kitchen open.

So just cheer up friend! And feel happy to face the new semester knowing that there is a street filled with vulnerable people who enjoy to see the warm smile of Jesus in you and in the soup and chocolate too of course!

Happy summer to everyone!

Sincerely,

Florma 

Would you like to send your reflection? Write for the blog of the web page? Write a letter? Please don't be shy and send your text 